



VYOSHADI SAKTU AS A NUTRACEUTICAL IN TYPE II DIABETES MELLITUS

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ABSTRACT

Now days due to unhealthy lifestyle, stress, pollution, irregular and unhealthy diet, non communicable diseases are increasing. Type II Diabetes Mellitus is one of them. In 2019, diabetes was the direct cause of 1.5 million deaths and 48% of all deaths due to diabetes occurred before the age of 70 years. Three fold managements are described in *Ayurveda* for all diseases viz., *Ahara* (diet), *vihara* (exercise) and *Aushadha* (drug). According to *Acharya Charaka vyoshadi saktu* is useful Nutraceutical in *santarpanotta vyadhi*. This paper aims to present clinical case report presentation of Type II Diabetes Mellitus controlled by *Vyoshadi saktu* along with modern medicine.

Keywords: *Vyoshadi saktu*, Diabetes, Nutraceutical, *Prameha*

INTRODUCTION

In present era as well as in ancient times, Health has been given utmost importance.

Now days due to unhealthy lifestyle, stress, pollution, irregular and unhealthy diet, non

communicable diseases are increasing. Type II Diabetes Mellitus is one of them. In 2019, diabetes was the direct cause of 1.5 million deaths and 48% of all deaths due to diabetes occurred before the age of 70 years [1].

Three fold managements are described in *Ayurveda* for all diseases viz., *Ahara* (diet), *vihara* (exercise) and *Aushadha* (drug) [2]. Disease specific dietary measures are the unique concept of *Ayurveda*. There are many *pathykalpana* mentioned in ancient texts. *Acharya Charaka* states that we all are outputs of *aharasa* [3]. And *pathykalpana* helps to cure the disease as well as it corrects the dietary causes of the disease.

According to *Acharya Charaka vyoshadi saktu* is useful Nutraceutical in *santarpanotta vyadhi*. In *vyoshadi saktu*, content is *yava* along with there are churnas of various drug which acts on *medadhatu & medadhatvagni* [4].

This paper aims to present clinical case report presentation of Type II Diabetes Mellitus controlled by *Vyoshadi saktu* along with modern medicine.

Case History

40 year old male patient was diagnosed with K/H/O of Type II Diabetes mellitus since 3 years (on Metformin 500 mg BD) with symptoms of Poly urea, burning sensation at Palm, Tingling sensation at Palm & feet and

constipation and approached to OPD of *Swasthavritta and Yoga*. Written consent of patient was taken.

History of past illness

Nothing significant

Family history

Mother was having Type II Diabetes Mellitus since 15 years.

Personal History

Habits – Smoking since 8 years

Diwaswap – Daily 1 hour after lunch

Ahar Itivritta:

Eating Habit : Vegetarian

Eating Time : Regular

Rasa : *Madhur, Amla*

Agni : *Sama*

Ahar Matra : *Atyadhik*

Daily Routine:

Tea – 2 times a day

Breakfast at 9.00 AM

Lunch – 3 Roti with vegetable at 1.00 AM

Dinner - 2 Roti with vegetable at 9.00 PM

Exercise & Duration :

Walking ½ hour per Day

Amount of water consumption/day: 3-4 lit per Day

Anthropometry:

Weight: 68 kg.

Height: 164 cm.

Frame of Body: Madhyam

Samanya Parikshan

<i>Naadi</i>	:	80/min	Examination of Hair: Light color and thin hair
<i>Mala</i>	:	<i>Prakrut</i>	
<i>Mootra</i>	:	<i>Frequently</i>	Examination of Eyes: Conjunctiva – Pallor
<i>Jivha</i>	:	<i>Sama</i>	Examination of Oral cavity: Decay Teeth and coated Tongue
<i>Shabda</i>	:	<i>Spashta</i>	Assessment Parameters
<i>Sparsh</i>	:	<i>Prakrut</i>	Objective Parameters
<i>Druk</i>	:	Normal	1. Weight in kg
<i>Akruti</i>	:	<i>Madhyam</i>	2. BMI
<i>Sara</i>	:	<i>Prakrut</i>	3. BMR
<i>Samhanan</i>	:	<i>Madhyam</i>	4. Fat %
<i>Satva</i>	:	<i>Alpa</i>	5. FBS
<i>Satmya</i>	:	<i>Madhur rasa</i>	6. PPBS
<i>Praman</i>	:	<i>Madhyam</i>	7. Lipid Profile
			8. Mid Arm Circumference
			9. Mid Thigh Circumference
			10. Chest Circumference
			11. Abdominal Circumference
			Subjective Parameters
			1. <i>Prabhut Mutrata (Polyurea)</i>
			(a)Quantity
			0 - 1.5 to 2.5 lit / day.
			1 - 2.5 to 3.0 lit / day.
			2 - 3 to 3.5 lit / day.
			3 - 3.5 and onwards lit / day.
			(b) Frequency
			0 - 3 to 5 times / day, rarely at night.
			1 - 5 to 7 times / day, 1-2 times at night.
			2 - 7 to 10 times / day, 3-4 times at night.
			3 - 10 to 12 times / day, 3-4 times at night.
			2. <i>Pipasa</i>
Vital Parameters			
Temperature	:	98.7° F	
B.P.	:	130/80 mm of HG	
Pulse	:	80/ min	
Respiratory Rate	:	18/ min	
Conjunctiva	:	Normal	
Tongue	:	Coated	
Systemic Examination			
CNS - Normal			
CVS - Normal			
RS - Normal			
Examination of Skin	:	Normal	
Examination of Nail	:	Normal	

(Excessive Thirst)

Quantity of water intake.

0 - 1.5 to 2.5 lit / day (24 hrs)

1 - 2.5 to 3.0 lit / day

2 - 3 to 3.5 lit / day

3 - 3 lit and more

3. Kar-pad daha (Burning sensation at feet & Palm) - No Alasya.

0 - No Daha Present

1 - Pada or Karataladaha incontinous.

2 - Pada or Karataladaha continuos but not severe.

3 - Pada or Karataladaha continuos and severe.

4. Karpadsuptata (Tingling sensation at palm and feet) - Normal appetite and relish.

0 - No Suptata.

1 - Pada / Kara Suptata Incontinous.

2 - Pada / Kara Suptata continuos not severe (bearable).

3 - Pada / Kara Suptata continuous and severe (unbearable).

5. Kshudha (Hunger)

0 - Normal Appetite.

1 - 2 meals / day slightly increased.

2 - 2-3 meals / day moderately increased.

3 - 4 to 5 meals / day markedly increased.

6. Swed pravrutti (Sweating)

0 - Only after strenuous work.

1 - After doing normal work.

2 - Just after walking little distance.

3 - On sitting also

7. Atinidra (sleep)

0 - 6 to 7 hrs.satisfactory.

1 - 7 to 9 hrs. Satisfactory.

2 - 9 to 10 hrs. Not satisfactory.

3 - More than 10 hrs. And always feeling sleepy.

8. Daurbalyata (Fatigue)

0 - Can do routine exercise / work.

1 - Can do moderate exercise with hesitancy.

2 - Can do mild exercise with difficulty.

3 - Cannot do mild exercise too.

9. Alasya (Laziness)

1 - Doing satisfactory work / late initiation.

2 - Doing unsatisfactory work / late initiation.

3 - Do not want to do work / no initiation.

10. Arochaka

Normal appetite and relish.

1 - Prefers only specific foods to eat.

2 - Prefers one / two types of food not interested.

3 - Totally unwilling to eat.

11. Vajishabadhata

0 - No Constipation.

1 - Hard Stool but satisfactory motions.

2 - Hard stool unsatisfactory motions.

3 - Hard stool unsatisfactory requires more force

12. Shula

0 - No pain at all.

1 - Mild pain in feet or Body ache.

2 - Pain in leg-calf muscles intermittently.

3 - Pain in leg /Body ache continuously.

MATERIALS AND METHODS

Vyoshadi Saktu – Contents

1. Yava powder 2.5 gm

2. Herbal Drugs

1. Sunthi 2. Marich 3. Pimpli 4.

Chitraka 5. Shigru 6. Triphala 7.

Kutaki 8. Kantakari 9. Brihati 10. Haridra 11. Daruharidra 12. Patha 13. Ativisha 14. Shaliparni 15. Hingu 16. Suparimula 17. Ajwayan 18. Dhanyak 19. Vidang 20. Black salt (All drugs in powder form 160 mg each)

3. Honey – 3.5 gm
4. Sesame oil – 3.5 gm
5. Cow ghee - 3.5 gm
6. Water – 70 ml

Route of administration: Orally in the form of *Manth Kalpana* [5]

Timing: At 9.00 am

Duration of treatment: One month

Follow up: after every 7 days for subjective parameters and after

completion of treatment for objective parameters

Standardization of *Vyoshadi saktu*

As a part of Standardization procedure, all ingredient's powders and finished product *Vyoshadi Saktu* were tested for physical and chemical Parameters .Quality Test for *Vyoshadi Saktu* were performed for Moisture Content, Water Soluble extractives, Alcohol Soluble extractives, Total Ash Value, Acid Insoluble Ash, Water Soluble Ash were found within Standard ranges. In addition, TLC was done with water and alcohol extract of *Vyoshadi Saktu* and there Ingredients.

OBSERVATIONS AND RESULTS:

Table 1: Effect of Nutraceutical

Objective Parameters	Before Treatment	After Treatment
Weight in kg	68	65
BMI	25.3	22.1
BMR	1512	1213
Fat %	31.3	26
FBS	100	80
PPBS	360	132
Mid Arm Circumference in cm	27	22
Mid Thigh Circumference in cm	41	35
Chest Circumference in cm	92	85
Abdominal Circumference in cm	94	87

Table 2: Effect of Nutraceutical

Subjective Parameters	Day 0	Day 7	Day 14	Day 21	Day 30
<i>Prabhut Mutrata (Polyurea)</i>	2	2	1	1	0
<i>Pipasa (Excessive Thirst)</i>	0	0	0	0	0
<i>Kar-pad daha (Burning sesation at feet & Palm)</i>	2	2	1	1	1
<i>Karpadsuptata (Tingling sensation at palm and feet)</i>	0	0	0	0	0
<i>Kshudha (Hunger)</i>	2	1	1	1	0
<i>Swed pravrutti (Sweating)</i>	2	2	1	1	1
<i>Atinidra (sleep)</i>	0	0	0	0	0
<i>Daurbalyata (Fatigue)</i>	1	1	1	0	0
<i>Alasya (Laziness)</i>	1	0	0	0	0
<i>Arochaka</i>	0	0	0	0	0
<i>Purishabadhata</i>	2	2	1	1	1
<i>Shula</i>	0	0	0	0	0

DISCUSSION:

Type II Diabetes Mellitus is lifestyle disorder. It is *Santarpanjanya* Disease as per *Ayurveda* and need *Apatarpanjanya* treatment. For diabetes many allopathic as well as herbal medicinal preparations are available. “*Vyoshadi Saktu*” is one of the medicine and Nutritional supplement (*PathyaKalpana*) described in *Charak Samhita*.

Samprapti of *Prameha* is as follows

Guru, Snigdha, Sheet, Picchil, Sara, Manda, Drava Gunas are vitiated due to *Hetusevan* of same *gunas*. Due to which *Kaphapradhan Tridosha dushti* occurs. Due to lack of firmness (*Sharir Shaithilya*) *Troshosas* are spreading all over in the body. *Tridoshas* gets combined with *Medodhatu* and vitiates *Medodhatu*. Also vitiates *Kleda* and *Mansa*. Vitiating of *Kleda* leads to increase in the formation of urine in body [6]. *Vyoshadi saktu* breaks down *prameha samprapti*.

Vyoshadi Saktu has drugs which are mainly *Katu, Tikta and Kashaya rasatmaka* with *Ruksha, Ushna, Laghu* and *Teekshna* predominance. Majority of drugs are *Ushna Viryatmaka* and Having *Katu Vipaka*. *Vyoshadi Saktu* has *Kapha- vatahara, Deepana, Pachana, Anuloma, Bhedana, Lekhana, Chedana* and *Medohara, Srotovishodhaka* activities.

Yava is main content of *vyoshadi Saktu* which is *Guru, Sheet veeryatmaka* and light to digest. It pacifies *kapha, Meda* and *Kleda*. *Madhu* one of the content of *Vyoshadi Saktu* shows *Vata Kaphahara* property. *Til tail* also have *Vata Kaphahara, Sukshma* and *Vyavayi* property.

CONCLUSION

It can be concluded that *Vyoshadi Saktu* breaks the *samprapti* of *Prameha* by its pharmacological therapeutic properties. It shows anti-hyperglycemic, Anti-lipidemic, anti-obesity, anti-diabetic properties which are beneficial in Type II Diabetes Mellitus. *Vyoshadi Saktu* can be recommended as Nutraceutical for Diabetes.

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